

1/23

5

	GALLSTONE DISEASES: BILIARY COLIC/ACUTE CHOLECYSTITIS/ACUTE CHOLANGITIS	10
	PATIENT: _____	
	RECORD #: _____ AGE: _____ SEX: _____	12
14	I. Cholelithiasis and Biliary Colic	
	Transient obstruction of the cystic duct without acute inflam. or infection, can cause post-prandial abd. pain. Usually asymptomatic in 80% of patients	16
	Etiology Stone formation: (a) imbalance in the ratio of chol./lecithin/bile salts; (b) nucleating nidus; (c) bile stasis	18
	S and Sx's <input type="checkbox"/> Post-prandial abd. pain, may radiate to (R) subscapular area; abrupt onset, gradual relief <input type="checkbox"/> N/V <input type="checkbox"/> Fatty food intolerance (dyspepsia) <input type="checkbox"/> Tender RUQ (poss. palp. GB) <input type="checkbox"/> Flatulence	20
22	Diff. Acute Cholecystitis, Peptic Ulcer, MI, GERD	
	W/U <input type="checkbox"/> ABD U/S: may show gallstones <input type="checkbox"/> CXR <input type="checkbox"/> EKG: R/O MI <input type="checkbox"/> UGI series to R/O hiatal hernia or ulcer	24
	Tx <input type="checkbox"/> Dietary modification: avoid trigger foods (e.g., fatty foods) stones (e.g., Ursolol) <input type="checkbox"/> Pharmacologic dissolution of cholesterol <input type="checkbox"/> Lithotripsy and stone dissolution <input type="checkbox"/> Cholecystectomy: definitive and curative	26
	NB: Most stones are cholesterol stones (75%) and radiolucent; pigmented stones due to hemolysis (e.g., hyperbilirubinemia) are radiopaque	28
14	II. Acute Cholecystitis	
	Acute inflammation of the GB caused by a protracted stone in the cystic duct; can cause sepsis, GB necrosis or abscess	16
	Etiology Prolonged blockage of cystic duct; postobstructive distention → inflammation → infection → gangrene; can be acalculous: due to stasis, patients on TPN, post/Op., or chron. debilitation	18
	S and Sx's <input type="checkbox"/> RUQ pain longer duration than biliary colic arrest during deep palp. of RUQ (ilicits pain) <input type="checkbox"/> N/V <input type="checkbox"/> RUQ tenderness, (+) <input type="checkbox"/> May have icterus <input type="checkbox"/> Fever <input type="checkbox"/> Pain more severe and of Murphy's sign (inspir.)	20
	Diff. Biliary Colic, Cholangitis, GERD, MI, Acute Appendicitis, Peptic Ulcer, Pneumonia	22
	W/U <input type="checkbox"/> CBC (WBC in the range of <input type="checkbox"/> U/S: may _____ stones, sludge, bile, perichol, fluid, thickened, GB wall <input type="checkbox"/> LFTs with mild hyper bilirubinemia (2-4 mg/dl); mild in alk. phosp. <input type="checkbox"/> HDA (Hepatic-Iminodiacetic acid) scan: failure of GB to image implies cholecystitis	24
	Tx <input type="checkbox"/> NPO <input type="checkbox"/> IV ABx (e.g., Mefoxin) <input type="checkbox"/> IVF <input type="checkbox"/> Pain management	26

FIG. 1A

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50

14 — **III. Acute Cholangitis**
 Gallstone or biliary sludge block the CBD; can cause life-threatening septic shock — 16

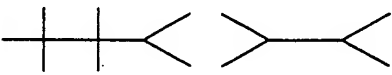
Etiology Bacterial infection of the biliary duct system caused by obstruction of the CBD — 18

21 — **S and Sx's** Charcot's Triad Reynold's Pentad
☐ RUQ pain ☐ Charcot's Triad
☐ Fever/chills ☐ Shock
☐ Jaundice ☐ Neuro Sx's (altered mental status)

22 — **Diff.** Acute Cholecystitis, Acute Pancreatitis, Acute Hepatitis

W/U ☐ U/S: may show dilated ducts ☐ CBC: ↑ WBC, ↑ alk. phos. ↑ transaminases — 24
☐ Blood cultures: positive in 50% of cases ☐ LFTs

Tx ☐ NPO ☐ IV Abx — Mefoxin ☐ If toxic cholangitis → ERCP can locate the — 26
☐ IVF ☐ Pain management cause and decompress

30 — **Notes/Labs** 
Vitals: T _____ BP _____ P _____ R _____
EKG: _____
ABG: / / / / PT/PTT/INR: _____
U/A: _____

Meds — 32
 1 _____
 2 _____
 3 _____
 4 _____
 5 _____
 6 _____
 7 _____

34 — **ADDITIONAL NOTES**

FIG. 1B

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55

10 16

COLORECTAL CANCER

- Second most common cause of cancer in U.S. (after lung cancer)
- Mortality increases with age (peak 70-80 years)

PATIENT: _____

RECORD #: _____ AGE: _____ SEX: _____

S and Sx's ☐ Abdominal pain is the most common presenting complaint for all lesions

I. Right Sided ☐ Bulky fungating, ulcerating masses ☐ Weight loss, anorexia

☐ Present with anemia due to chronic blood loss ☐ Not obstructed because (R) colonic feces are fluid and the cecal wall is indispensible

II. Left Sided ☐ Obstructing masses on radiological exam often described as 'napkin ring' or 'apple core' in appearance ☐ Obstruction [(L) colon feces are more solid and the colon wall is less distensible]

☐ Altered bowel habits (constipation, decrease in stool caliber, obstipation) ☐ Blood streaked stools (mild) compared to IBD

III. Rectal ☐ BRBPR ☐ Tenesmus ☐ Must R/O hemorrhoids

22 **Diff.** IBD, Diverticulosis, Hemorrhoids, PUD

W/U ☐ CBC (to check H/H for anemia) ☐ Abdominal CT/MRI for staging purposes (see Duke's Staging provided below)

☐ Sigmoidoscopy - Biopsy ☐ Check for METS:

☐ Colonoscopy - to R/O synchronous lesions as in UC (a) LFTs: Liver METS

☐ Barium enema (to visualize any missed lesions) (b) CXR: Lung METS

Tx ☐ Bowel prep. (pre-op): check oral Abx. check mechanical cleansing ☐ Radiotherapy or chemotherapy

☐ Surgical resection of colonic lesions → ☐ bowel margins of 3-5 cm; 1" or 2" anastomosis

36 **F/U** ☐ Check CEA levels ☐ Digital rectal exams ☐ CXR

☐ Colonoscopy ☐ LFTs

38 **Duke's Staging** (%s are 5-year survival)

A. Limited to submucosa	> 90%
B1. Invades muscularis propria	70-80%
B2. Through muscularis propria	50-65%
C1. B1 and nodes	40-55%
C2. B2 and nodes	20-30%
D. Distant metastasis	< 5%

FIG. 2A

34

FIG. 2B

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10 65

PEPTIC ULCER DISEASE (PERFORATION)

PATIENT: _____

RECORD #: _____ AGE: _____ SEX: _____

I. Duodenal Ulcer

Etiology ☐ H. pylori in 95% of cases
 ☐ Other Risk Factors: Tobacco, EtOH, NSAIDs, Steroids, Caffeine

S and Sx's ☐ Epigastric pain: 'gnawing, burning'
 ☐ Pain 1-3 hours post-prand.
 ☐ Pain relieved by food
 ☐ Fever (w/perforation)
 ☐ ↓ Appetite

☐ Generally located within 2 cm of the pylorus
 ☐ Usual age range 20-45

☐ May have N/V
 ☐ Epigastric tenderness
 ☐ Diaphoresis
 ☐ ↓BP

Diff.

W/U

Tx

II. Gastric Ulcer

Etiology ☐ H. pylori in 65% of cases
 ☐ Approx. 1/3 of cases from NSAIDs
 ☐ Other Risk Factors: Tobacco, EtOH, NSAIDs, Steroids, Caffeine

S and Sx's ☐ Epigastric pain worsened by food
 ☐ N/V (very common)
 ☐ ↓ Appetite

☐ 90% on lesser curvature
 ☐ Usual age range 40-60

☐ Fever (w/perforation)
 ☐ Diaphoresis
 ☐ ↓BP

Diff. GERD, Gallstone dss, Pancreatitis, Angina, Gastric Adenocarcinoma

W/U ☐ Stool Guaiac
 ☐ Labs: CBC (check H/H); Chem-7 (check for dehydration)
 ☐ EGD: can visualize ulcers and biopsy to R/O malignancy
 ☐ UGI series: possible filling defects
 ☐ Gastric analysis: measure baseline acid

output and maximum output after stimulation (with pentagastrin or histamine). Abnormal levels indicate hypersecretory state
 ☐ Serum gastrin: if elevated in the setting of a hypersecretory state → suggests Zollinger-Ellison Syn. (gastrinoma)

Medical Mgmt. ☐ Dietary modification: eliminate tobacco, EtOH, caffeine, NSAIDs, steroids, H₂O, Antacids, PPI (Omeprazole [refractory to H₂O])
 ☐ H. pylori eradicated with triple therapy: Bismuth, Metronidazole, Tetracycline

Surgical Indicat. ☐ Perforation (free air under diaphragm on x-ray; peritoneal signs)
 ☐ Obstruction (post-prandial emesis)

☐ Hemorrhage
 ☐ Intractable pain

FIG. 3A

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FIG. 3B

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75

10

ACUTE APPENDICITIS

PATIENT: _____ AGE: _____

RECORD #: _____ SEX: _____

Etiology Luminal obstruction which leads to inflammation of the appendix. Causes include: hyperplasia of lymphoid tissue; fecalith; foreign body; parasite

S and Sx's

☐ Pain in epigastrium (dull, vague, referred pain) usually for 1-12 hours

☐ N/V follow pain (may have acute loss of appetite)

☐ Low-grade fever (high-grade if perforation)

☐ Pain localizes: RLQ-McBurney's Pt., 2/3 from umbilicus to ASIS; sharp pain caused by irritation of parietal peritoneum (somatic pain)

☐ Perforation: may be a transient decrease in pain which changes to diffuse and indirect

☐ Rosving's sign: referred pain in RLQ with deep palpation of LLQ

☐ Psoas sign: RLQ pain; elicited with passive extension of the hip due to stretching of iliopsoas tendon

☐ Obturator sign: RLQ pain, with passive internal rotation of the hip

☐ Rectal exam elicits pain on (R) side

DIF. Gastroenteritis (N/V before pain, poorly localized, no ↑ in WBCs), Intussuseption, PID (high for females, bilateral lower abdominal tenderness), IBD (previous Hx), Ectopic Pregnancy or Ovarian Cyst, Bowel Obstruction, Mesenteric Ischemia, Perforated Ulcer, Pancreatitis, UTI/Pyelonephritis

W/U Dx. based on H + P; Labs can be used to confirm but DO NOT R/O

☐ KUB: may show fecalith; loss of psoas shadow; free air (perforation)

☐ CBC: mild leukocytosis with a (L) shift (> 75% PMNs); w/perforation high WBCs

☐ U/S: may show enlarged appendix or appendiceal abscess

☐ U/A: to evaluate for UTI

Tx

☐ NPO

☐ IVF

☐ NGT

☐ ABx

☐ Early appendectomy to prevent perforation

☐ If an abscess → conservative therapy: triple ABx Tx (Amp. Genta., Flagyl) and U/S or CT guided PCT drainage; elective appendectomy in 6-8 wks. following resolution of the acute episode

26

FIG. 4A

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80

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Labs/Notes

Vitals: T BP P R

EKG:

ABG: / / / / PT/PTT/INR:

U/A:

Meds

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3

4

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6

7

32

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ADDITIONAL NOTES

34

FIG. 4B

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MAJOR DEPRESSIVE DISORDER

PATIENT: _____

RECORD #: _____ AGE: _____ SEX: _____

Epidemiology Male/female ratio → 1:2; peak onset 20-40 years old; 3X higher risk with positive family history; lifetime prevalence 20% and 5% for the general population; 40,000-50,000 Americans die annually due to suicide and 70% of these suicides are associated with depressive illness. 12

Etiology Numerous postulates exist in the behavioral, cognitive and psychodynamic arenas. In addition, the biologic theories include hypotheses to support decreased catecholamines and abnormal neurotransmitter function (specifically 5-HT and norepinephrine). 44
Predisposing factors include psychosocial stressors, chronic medical illness, substance abuse/dependence, childbirth. 18

S and Sx's

Mood Associated
☐ Low mood/sadness
☐ Feelings of hopelessness, worthlessness, inadequacy
☐ Anxiety
☐ Apathy
☐ Irritability
☐ Anhedonia
☐ ↓ Coping skills

☐ Social withdrawal/isolation
☐ Suicidal thoughts

Memory Related

☐ Poor concentration
☐ Poor attention/focusing
☐ ↓ Memory/recall
☐ Cognitive difficulties

Somatic Complaints

☐ Tearfulness
☐ Headache
☐ ↓ Sleep/insomnia
☐ Hypersomnia (atypical)
☐ Weight loss
☐ Weight gain (atypical)
☐ Fatigue
☐ ↓ Appetite or appetite (atypical) 21

Diff

Mood disorder due to a general medical condition (viral illness, endocrine abnormality, cardiopulmonary disease, renal disorder, cancer, nutritional deficiency, Parkinson's disease, multiple sclerosis), dysthymic disorder, dementia, adjustment disorder with depressed mood, general bereavement, substance-induced mood disorder, psychotic disorders, medication side-effect/adverse reaction (antihypertensives, steroids, methylidopa), seasonal affective disorder. 22

W/U

☐ Labs: CBC (evaluate for anemia); chemistry panel (e.g., hypoglycemia can cause anxiety, agitation, poor concentration), serum Ca⁺⁺ (TCA⁺⁺ and ↓Ca⁺⁺ can cause depression), B12 (deficiency can cause fatigue, agitation, personality change), Folate LFTs, TFTs, (hypothyroidism may show low T₄, T₃, resin T₃), U/A, urine toxicology screen, syphilis serology (VDRL or RPR)
☐ CXR (cardiopulmonary disease can affect mental status)

☐ ECG (evaluate general cardiac electrical activity; changes from psychotropic medications such as prolonged PR, QT or QRS intervals; AV or bundle branch block)
☐ Head CT (evaluate brain parenchyma, bony structures; check for brain abscess, tumors or stroke)
☐ EEG (slowing may be evidenced due to tricyclic antidepressants) 24

Tx

☐ Selective Serotonin Reuptake Inhibitors (SSRIs)
☐ Tricyclic antidepressants
☐ Monoamine Oxidase Inhibitors (MAOIs): atypical depression; usually reserved for depression which does not respond to other agents

☐ Adjunctive medications
☐ Psychotherapy: various modalities available (e.g., psychodynamic); frequency varies depending on goals, monitoring for suicidality, ensure treatment adherence
☐ ECT: refractory cases 26

FIG. 5A

FIG. 5B

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DIAGNOSIS _____	
PATIENT: _____	
RECORD #: _____	AGE: _____ SEX: _____
Etiology _____ _____ _____	
S and Sx's	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Difl.	_____ _____
W/U	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Tx	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

FIG. 6A

100

FIG. 6B

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155
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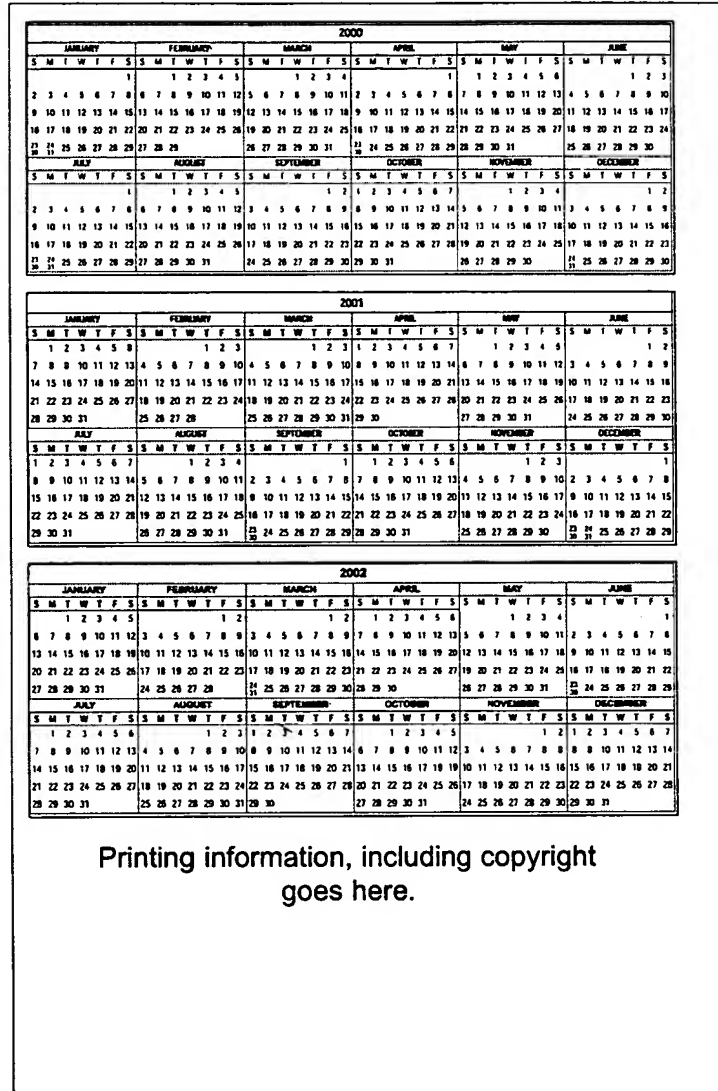


FIG. 7

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NORMAL LAB VALUES/RANGES

LAB CHEMISTRIES

Na 135-145 mEq/L	Cl ⁻ 98-106 mEq/L	BUN 7-18 mg/dL	Gluc. 70-115 mg/dL
3.5-5.1 mEq/L K	22-29 mEq/L HCO ₃	0.6-1.2 mg/dL CR	

Anion Gap	7-16 mEq/L
Osmolality	275-295 mOsm/kg
Calcium, ionized	4.65-5.28 mg/dL
Calcium, total	8.4-10.2 mg/dL
Magnesium	1.3-2.1 mEq/L
Phosphate	2.7-4.5 mg/dL
Iron	M 65-175, F 50-170 µg/dL
Iron, Sat.	M 20-60, F 15-50%
Ferritin	M 20-250, F 10-120 ng/mL
TIBC	250-450 µg/dL
Bilirubin, conj.	0-0.2 mg/dL
Bilirubin, total	0.2-1.0 mg/dL
Albumin	3.5-5.5 g/dL
Protein	6.0-8.0 g/dL
α ₁ -Fetoprotein	< 10 ng/mL
Alk. Phos.	M 38-126, F 70-230 U/L
LDH	90-190 U/L
AST/SGOT	7-40 U/L
ALT/SGPT	7-40 U/L
GGT	M 9-50, F 8-40 U/L
CPK	M 38-174, F 26-140 U/L
CPK MB	< 5%
Amylase	25-125 U/L
Lipase, 10-140, >60y	18-180 U/L
C-peptide	0.70-1.89 ng/mL
LDL Cholesterol	< 130 mg/dL
HDL Cholesterol	M >29, F >35 mg/dL
Total Cholesterol	< 200 mg/dL
Triglycerides	M 40-160m F 35-135 mg/dL

HEMATOLOGY

WBC 4.5-11.0 x 10 ³ per µL	Hemoglobin M 13.5-17.5 g/dL F 12.0-16.0 g/dL	Platelets 150-450 x 10 ³ per µL
	Hematocrit M 39-49% F 35-45%	

RBC	M 4.3-5.7, F 3.8-5.1 x 10 ⁶ /µL
MCV	80-100 fL
MCH	26-34 pg/cell
Reticulocyte Count	0.5-1.5%
Haptoglobin	16-185 mg/dL
Hemoglobin A _{1c}	5.0-7.5%
Bleeding Time	2-7 min
PT	11-15 sec
aPTT	20-35 sec
ESR	M < 15, F < 20 mm/hr
CRP	< 8 mg/L (SI)
Neutrophils	57-67%
Segs.	54-62%
Bands	3-5%
Lymphocytes	23-33%
Monocytes	3-7%
Eosinophils	1-3%
Basophils	0-1%

URINE VALUES

Albumin	10-100 mg/day
Creatinine	M 14-26, F 11-20 mg/kg/day
Creat. Clear.	M 90-136 mL/min/1.73 m ² F 80-125 mL/min/1.73 m ²
Glucose	< 0.5 g/day
Osmolality	50-1400 mOsm/kg
Protein	10-150 mg/day
Specific Gravity	1.002-1.030
Urea Nitrogen	12-20 g/day
Uric Acid	250-750 mg/day
Volume (min.)	0.5-1.0 mL/kg/hr

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ARTERIAL BLOOD GASES

pH 7.35- 7.45	PaCO ₂ 35-45 mm Hg	PaO ₂ 80-100 mm Hg	HCO ₃ 21-27 mEq/L	O ₂ Satur. 95-98%
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Base Excess: ±2 mEq/L

CARDIAC PARAMETERS & FORMULAS

CO	Cardiac output (heart rate x stroke volume)	4-8 l/min
CI	Cardiac Index (CO/BSA)	2.8-4.2 l/min/m ²
MAP	Mean Arter Press [(Sys BP - Dias BP)/3] + Dias BP	80-100 mmHG
SVR	Systemic Vascular Resistance (MAP - CVP)x(80)/CO	800-1200 dyne/sec/cm ⁵
PVR	Pulmonary Vascular Resistance (PAM - PCWP)x(80)/CO	45-120 dyne/sec/cm ⁵
QT _c	(QT / square root of RR)	0.38-0.42
Right Atrial Pressure	(central venous pressure)	0-8 mmHg
PAS	Pulmonary Artery Systolic Pressure	20-30 mmHg
PAD	Pulmonary Artery Diastolic Pressure	10-15 mmHg
PCWP	Pulmonary Capillary Wedge Pressure	8-12 mmHg (post-MI -16 mmHg)

Please note: it is strongly advised that you check normal lab values for your hospital, medical center or laboratory. These values can vary by location.

112

114

118

FIG. 8

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165

TITLE ?????

120 THERAPEUTIC DRUG LEVELS

amikacin peak	20-35 mcg/ml
amikacin trough	<5 mcg/ml
carbamazepine	4-12 mcg/ml
cyclosporine trough	50-300 ng/ml
digoxin	0.8-2.2 ng/ml
gentamicin peak	5-10 mcg/ml
gentamicin trough	<2 mcg/ml
lidocaine	1-5 mcg/ml
lithium	0.6-1.2 meq/l
NAPA	10-30 mcg/ml
phenobarbital	15-40 mcg/ml
phenytoin	10-20 mcg/ml
primidone	5-12 mcg/ml
procainamide	4-8 mcg/ml
quinidine	1.5-3 mcg/ml
theophylline	10-20 mcg/ml
tobramycin peak	5-10 mcg/ml
tobramycin trough	<2 mcg/ml
valproic acid	50-100 mcg/ml
vancomycin trough	5-10 mcg/ml

DAILY ELECTROLYTE REQUIREMENTS

Na ⁺ (as NaCl)	80-120 mEq/24h
Cl ⁻ (as NaCl)	80-120 mEq/24h
K ⁺	50-100 mEq/24h
Ca ²⁺	1-3 gm/24h
Mg ²⁺	20 mEq/24h
Glucose	100-200 gm/24h

Unless otherwise indicated

122

CONVERSIONS

1 in = 2.54 cm	1g = 0.035274 oz
1 ft = 0.3048 m	1kg = 2.2046 lbs
1 mi = 1.6093 km	37.0 °C = 98.6 °F
1 fl oz = 29.573 mL	37.8.0 °C = 100.0 °F
1 oz = 28.350 g	38.0 8.0 °C = 100.4 °F
1 lb = 0.45359 kg	38.3 8.0 °C = 101.0 °F
1cm = 0.3937 in	38.9 8.0 °C = 102.0 °F
1 m = 3.2808 ft	39.0 8.0 °C = 102.2 °F
1 km = 0.6214 mi	39.4 8.0 °C = 103.0 °F
1 mL = 0.033814 fl oz	40.0 8.0 °C = 104.0 °F

*F = (C x 9/5) + 32
°C = (F - 32) x 5/9

124

IV SOLUTIONS

Fluid	Glucose	Na ⁺	K ⁺	Cl ⁻	mosm/L	Kcal/L
D5W	50g	0	0	0	252	170
D10W	100g	0	0	0	505	340
D50W	500g	0	0	0	2520	1700
½NS(0.45%NS)	0	77	0	77	154	0
NS(0.9%NS)	0	154	0	154	308	0
3% NS	0	513	0	513	1026	0
D5½NS	50g	38	0	38	329	170
D5¼NS	50g	77	0	77	406	170
D5NS	50g	154	0	154	560	170
LR	0	130	4	110	272	<10
D5LR	50	130	4	110	524	180
Albumin	0	145	0	145	unk	unk

126

ABBREVIATIONS

128

FIG. 9

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170
/

MISCELLANEOUS

130

132

0 cm 1 2 3 4 5 6 7 8 9 10

FIG. 10

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175

PHONE NUMBERS

134

136

INCH

The form is a rectangular sheet with a ruler on the right side. The ruler is marked in inches, with major tick marks at 1, 2, 3, 4, and 5. The word 'INCH' is printed vertically at the bottom of the ruler. To the left of the ruler, there are 23 horizontal lines for writing. The top of the form has the text 'PHONE NUMBERS' followed by a dotted line. A label '134' points to the first horizontal line, and a label '136' points to the ruler. The number '175' is written above the ruler.

FIG. 11

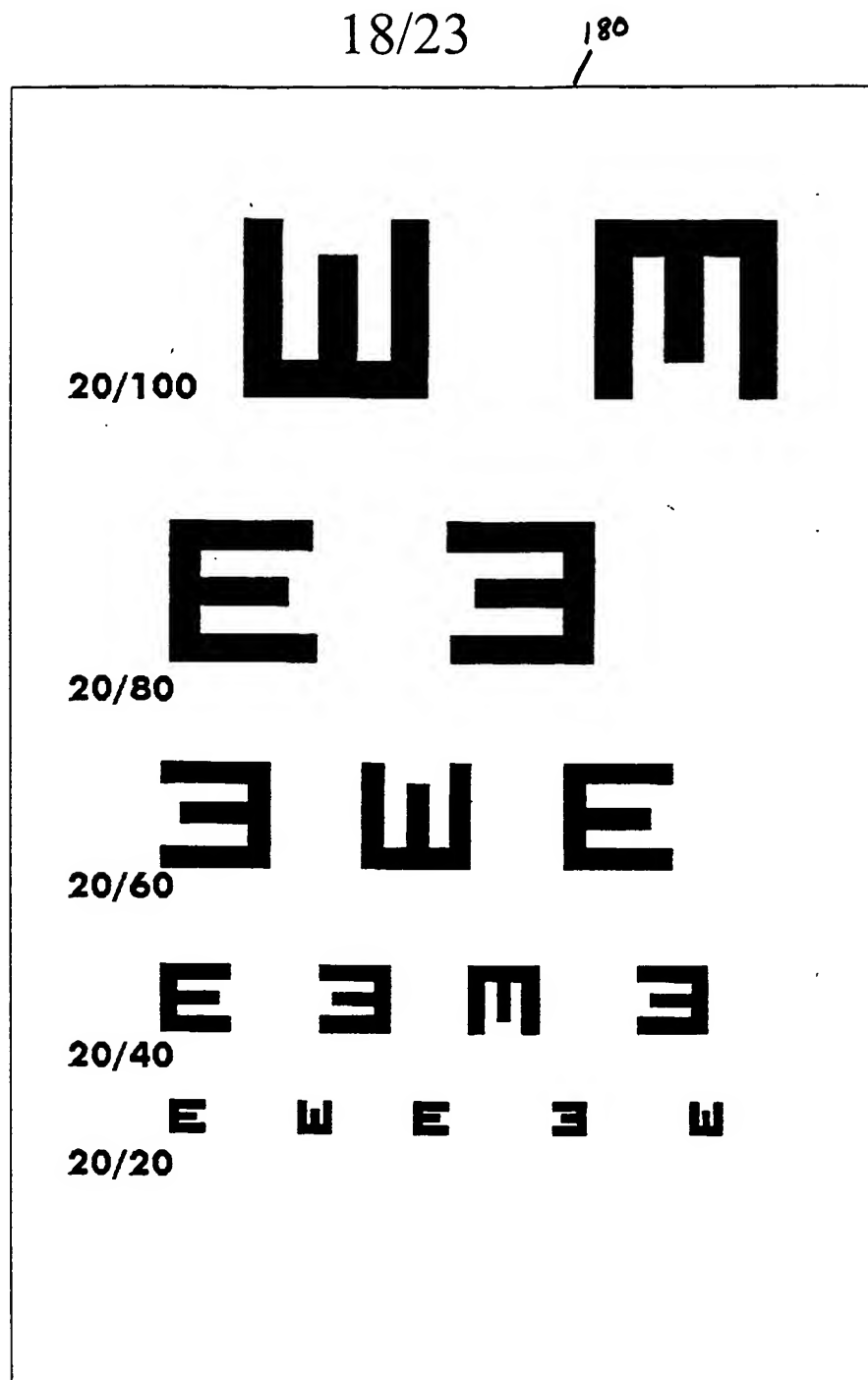


FIG. 12

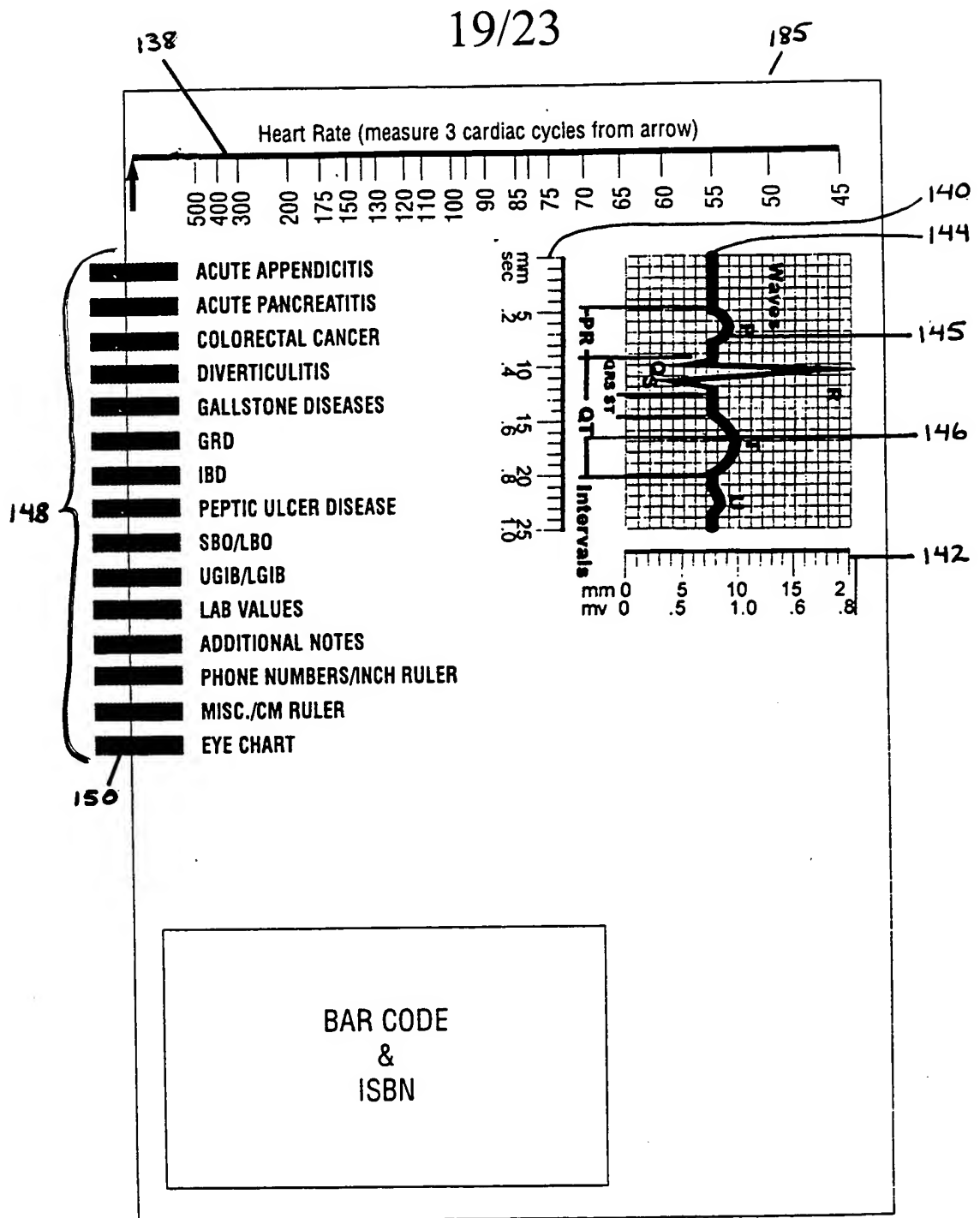


FIG. 13

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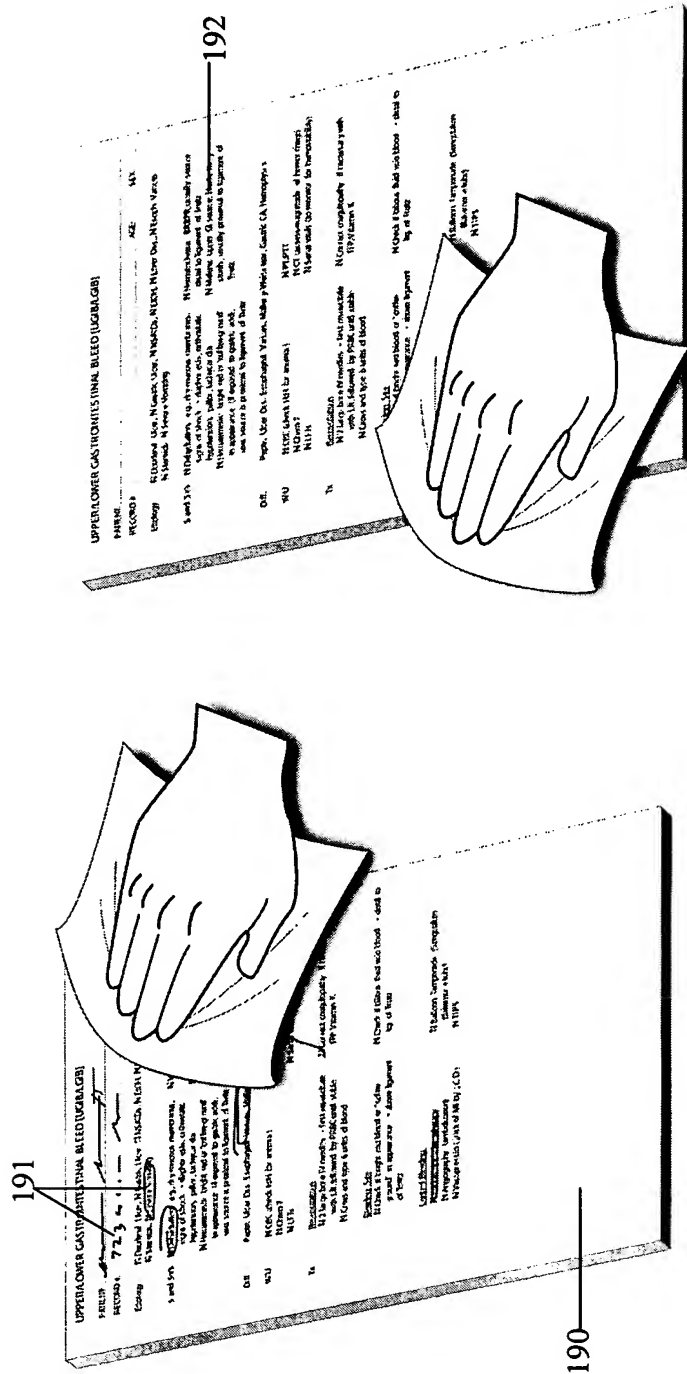


FIG. 14A

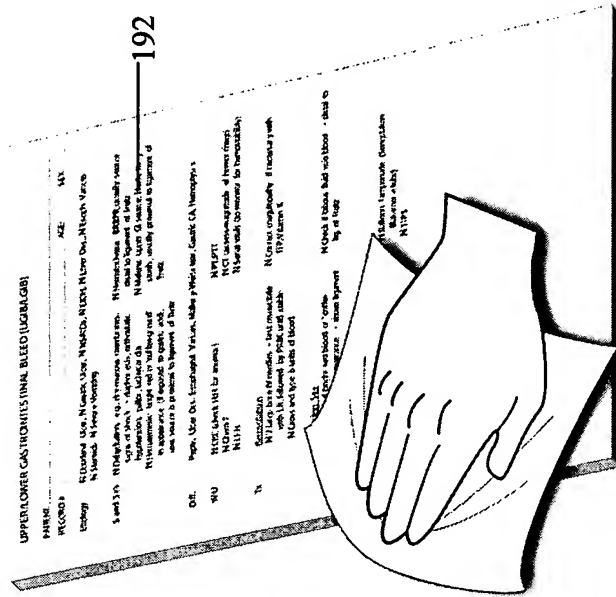
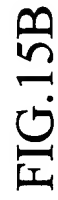
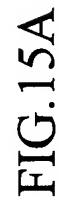
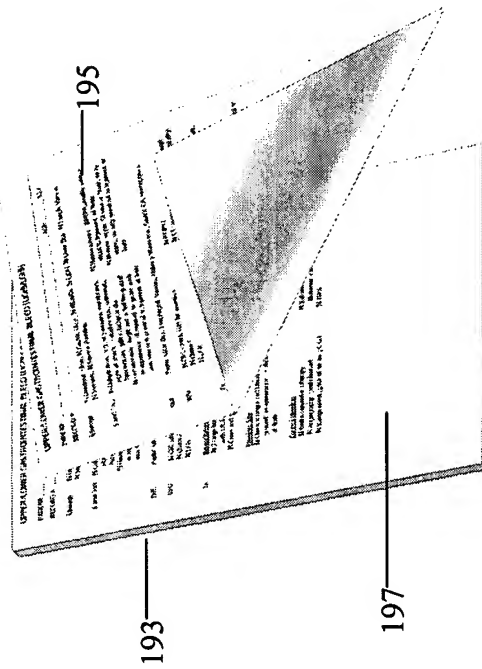
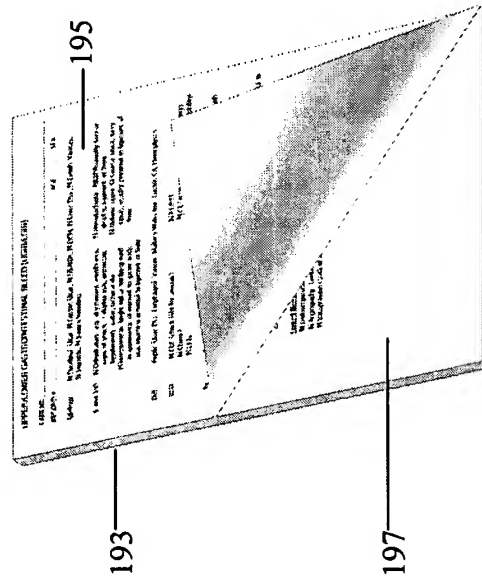


FIG. 14B





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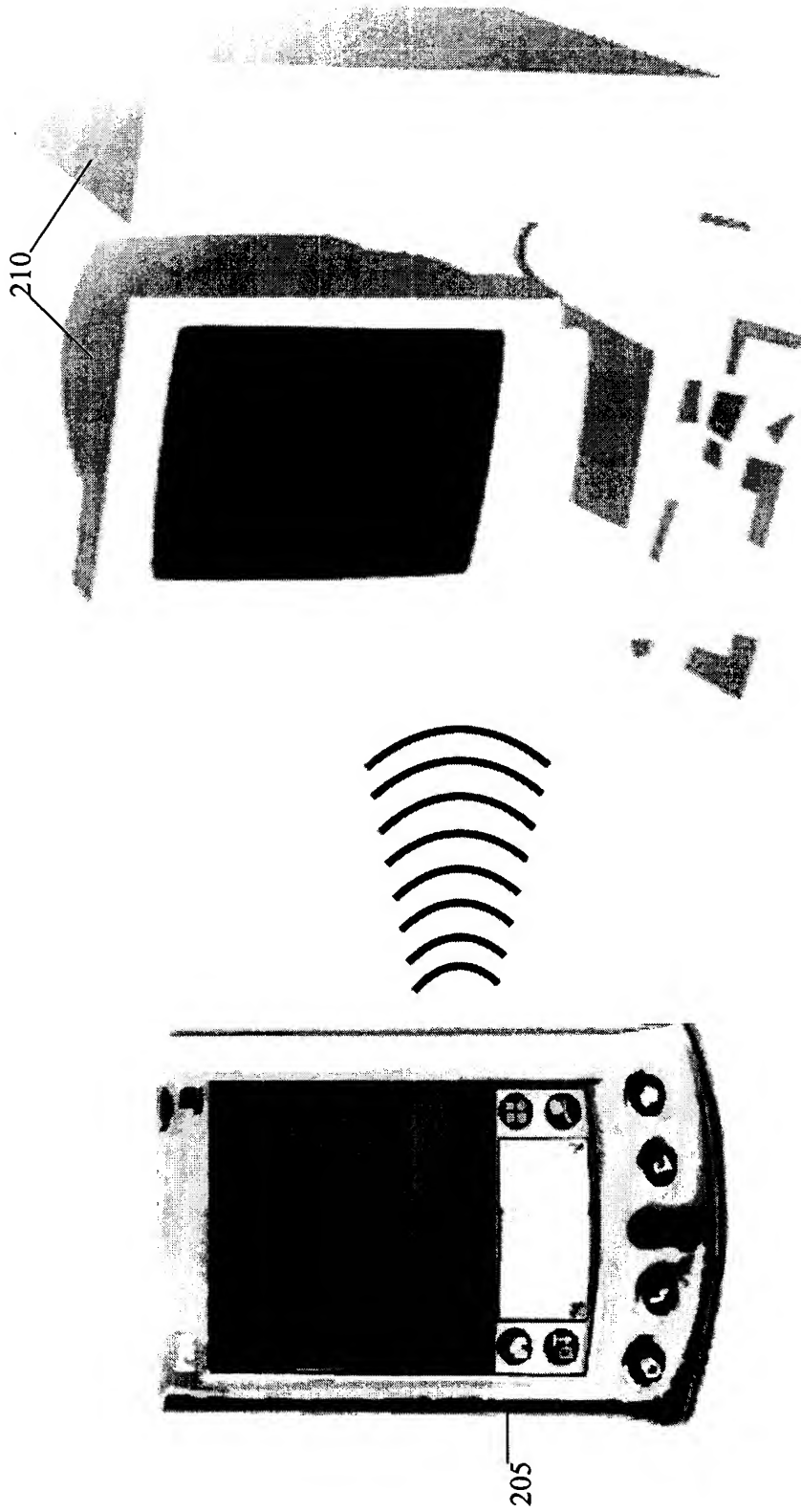


FIG.16